

DIRECTORY OF SERVICES FOR OLDER PEOPLE

Updated August 2012

Commissioned by Whitburn Community Development Trust /
Whitburn Older People's Group

This directory provides a snapshot of services in July 2012. The directory includes West Lothian wide services and more local Whitburn services. West Lothian wide services are detailed in the "*New Horizon Guide*" to services for older people, produced by West Lothian Council. The guide is updated annually; is distributed to older people in the county; and is also available online at www.westlothian.gov.uk.

General health services		
Whitburn Health Centre	1 Weavers Lane, Whitburn, EH47 OSD Tel : 01501 740297 www.whitburnhealthcentre.scot.nhs.uk	Access to a wide range of primary care and community based health services including district nursing, CPNe,
Mental Health Services In The Community		
Elderly Mobile Day Service	Mental Health Unit, Strathbrock Partnership Centre, 189a West Main Street, Broxburn, EH52 5LH Tel : 01506 771875, 07736 659683, 07736 659684	NHS service with car and bus to bring day care type service for older people with mental health problems including people with mild to severe dementia to West Lothian communities. The service operates in the Answer House Day Centre on Thursdays.
MOOD	Mental Health Options for Older People with Depression (MOOD), Answer House, Reveston Lane, Whitburn, EH47 8HJ Tel : 01501 749974, 07932 540181 Email : moodproject@tiscali.co.uk www.moodproject.org	Well established voluntary organisation providing a range of activities for people over the age of 60 who have depression or mental health problems, or are at risk of developing these problems. The project also supports carers.
Care At Home		
Care At Home services	Bathgate Social Work Centre, 69 Whitburn Road, Bathgate, EH48 1HE Tel : 01506 776700 www.westlothian.gov.uk/social_health/1456/ Information leaflets can be found from the website above or from Council libraries, information services centres and community centres.	Care at Home Service works with Community Health Services to assist people to live independently in their own homes or in the community include: Personal Care and assistance with medication, getting ready for bed and getting into bed, Frozen Meals Service, Community Laundry, Community Equipment, Occupational Therapy, Home Safety Service providing technology packages to protect the older person and their own home.

Befriending		
Brucefield Church Befriending Service	Helen Brown, 16 Kepscaith Crescent, Whitburn, EH47 8JF Tel : 01501 740202	Befriending service mainly for older members of the Church who are unable to attend Church.

Specialist Housing Services		
West Lothian Council	Whitburn Housing Office, 5 East Main Street, Whitburn, EH47 0RA. Tel : 01501 678000	Advice and assistance on all housing issues. Information on Council houses modified to meet the needs of people with medical conditions. Facilitate access to home security package and money advice.
Answer Housing Support Service	Answer House, Reveston Lane, Whitburn EH47 8HJ Tel : 01501 749974 and 0151 745064 Email : answerproject@ukonline.co.uk www.answer-project.com	Housing support service to people over 50 in West of West Lothian who require support to maintain their housing tenure because of physical or mental disability: shopping, cooking, repairs and maintenance, budgeting, attending appointments, living skills, telephone befriending.
Care and Repair West Lothian	Care and Repair West Lothian, Leving House, Fairbairn Place, Livingston, EH54 6TN Tel : 01506 424148 Email : careandrepair@horizonhousing.org	West Lothian wide small repair service for older people and people with disabilities (owner occupiers and tenants). The service is managed by Horizon Housing Association, and co-funded by West Lothian Council and Communities Scotland. Advice and assistance to help people repair, improve or adapt their homes so that they can live in their own community.
Day care		
West Lothian Council	Whitdale Day Care Centre, 110 East Main Street, Whitburn, EH47 0RH Tel : 01501 742924 Email : whitdalehouse@westlothian.gov.uk www.westlothian.gov.uk/content/social_care/olderpeople	Service for older people living in Whitburn and the wider west of West Lothian area who need support during the day due to physical or mental frailty. Eligibility depends on social work assessment.

Answer Day Care	Answer House, Reveston Lane, Whitburn EH47 8HJ Tel : 01501 749974 and 0151 745064 Email : answerproject@ukonline.co.uk www.answer-project.com	Answer operates day care services for older people with memory loss in West of West Lothian for 12 people each day on Wednesdays, Fridays and Saturdays. Community café and food coop open to public on Tuesdays.
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Respite care		
West Lothian Council	Bathgate Social Work Centre, 69 Whitburn Road, Bathgate, EH48 1HE Tel : 01506 776700	West Lothian Council funds respite care breaks for frail older people (including people with dementia, and for their carers). Depends on assessment of needs.
Residential care		
Southern Cross Healthcare	Redmill Care Home, Lady Court, East Whitburn, EH47 0PN Tel : 01501 745777 Email : redmill@schealthcare.co.uk www.schealthcare.co.uk	Private nursing home.
West Lothian Council	Whitdale Care Home, 110 East Main Street, Whitburn, EH47 0RH Tel : 01506 744445 Email : whitdalehouse@westlothian.gov.uk www.westlothian.gov.uk/content/social_care/olderpeople	Council care home.
Sheltered housing		
Bield Housing Association	Mansewood Court, Mansewood Cres, Whitburn, EH47 8HA Tel : 0131 273 4000 (Edinburgh office) www.bield.co.uk	
Dunedin Canmore Housing Association	Brucefield House, McMartin Court, Whitburn, Bathgate, West Lothian EH47 0HZ Tel : 0131 478 8888 (Edinburgh office) www.dunedincanmore.org.uk	
Hanover (Scotland)	Weavers Court, Bowling Green Road, Whitburn, EH47 0PZ	

Housing Association	Tel : 0131 557 0598 (Edinburgh office) www.hsha.org.uk	
West Lothian Council	Brucefield House, McMartin Court, Whitburn, EH47 0HZ Tel : 01506 775000 (main Council switchboard)	
"Housing with care"		
Dunedin Canmore Housing Association	Brucefield House Tel : 0131 478 8888 (Edinburgh office) www.dunedincanmore.org.uk	Both West Lothian Council and Dunedin Canmore Housing Association provide "housing with care" tenancies in Brucefield House. "housing with care" provides a much higher level of support services than is available in sheltered housing
West Lothian Council	Brucefield House Tel : 01506 7775000 (main Council switchboard)	
Lunch clubs		
Burgh Halls	Mrs Bell Tel : 01501 740556	Lunch Club open to all OAPs in the Burgh Halls Tuesdays and Fridays. Run by volunteers. Not operating currently due to ill-health and lack of volunteers
Support for carers		
Carers of West Lothian	Carers of West Lothian, Strathbrock Partnership Centre, 189a West Main Street, Broxburn, EH52 5LH Tel : 01506 771750 Email : office@carers-westlothian.com www.carers-westlothian.com	Provides support, information, a voice for carers and works with others to ensure a better quality of life for all carers. Respite directory.
Transport		
Special access transport	Dial a Bus Tel : 01506 633953 to book a seat	Dial a Bus services provides transport for older people and disabled people to shopping centres in Blackburn, Linlithgow and Livingston. Operated by HcL

		(Handicabs Lothian) on behalf of West Lothian Council.
	Handicabs Tel : 01506 633953	Specialist door-to-door transport for elderly and people with limited mobility.
Financial advice		
The Advice Shop and Pensioner Income Maximisation Service	Advice Shop, Bathgate Partnership Centre, Lyndsay House, South Bridge Street, Bathgate EH48 1TS Tel : 01506 283000 Email : advice.shop@westlothian.gov.uk	Welfare benefits advice, pension credit, state pension. Money advice. Energy advice including a free assessment on saving energy use in the home. Housing advice on rent arrears, advocacy and advice. Benefit take up campaigns.
Leisure activities		
East Whitburn Community Education Centre	Jeanette Wood, East Whitburn Community Education Centre, Hens Nest Road, East Whitburn, EH47 8EX Tel : 01501 740938, 07747 767556 Email : jeanette.wood@wled.org.uk	Sequence dancing Monday & Saturday, 7-10pm Over 50s keep fit, Thursday 9.30-11.30am East Whitburn OAP Association 6-9pm on the first Tuesday of the month of March, April, May, June, August, September and October.
Whitburn Community Education Centre	Ian Ross, Co-ordinator, Whitburn Community Education Centre, Manse Road, Whitburn, EH48 8EZ Tel : 01501 678888 Email : ian.ross@wled.org.uk	Needle craft Monday, 7 – 9pm 50+ keep fit Tuesday, 10-11 am Rural Sewing Tuesday, 10-12pm 50+ dancing Wednesday and Thursday, 1-3pm Art club Wednesday 7-9pm.
West Lothian Libraries	Outreach Services Coordinator at Library HQ Tel: 01506 776343 Email: norma.bonnar@westlothian.gov.uk	Selection of books can be delivered to temporarily or permanently housebound people.
Generation Arts Group	Joanne Brown, Project Co-ordinator Tel: 07521 358239 01506 777666 Email: generationarts.coordinator@gmail.com	Free fortnightly clubs for older people (over 50) across West Lothian. Whitburn meeting in Brucefield House – gentle exercise followed by entertainment.

West Lothian Leisure	Whitburn Leisure Centre, West Main Street, Whitburn, EH47 0QD Tel : 01501 678070 Website : www.westlothianleisure.com	Special reduced price "Prime of Life" membership for 60+ and specifically targeted activities. Leisure Centre currently being rebuilt after fire damage.
Ageing Well Project	Avril Clerkson, Ageing Well Co-ordinator, Whitburn Leisure Centre, Whitburn, EH47 0QD Tel : 01501 678048 Email : aclerkson@westlothianleisure.com	West Lothian wide initiative jointly funded by West Lothian Leisure and NHS Lothian to promote more active lifestyles for over 50s. Regular activities include tea dances and singing in Whitburn Bowling Club.
Clubs and social organisations		
East Whitburn and Redmill OAP Association	Agnes Crilly(Secretary) Tel : 01501 743745	Meets in East Whitburn Community Education Centre, first Tuesday of the month of March, April, May, June, August, September and October. Speakers and social activities
Whitburn Probus Club	Ian Murfitt (President) Tel: 01501 742131 Email: murfitts@tesco.net	Open to retired gentlemen and meets every Wednesday morning 9.45am – 11.30am ay Hilcroft Hotel. Speaker every week, also social, leisure and charitable activities.
Whitburn Scottish Pensioners Association (No 1 branch)	Janet McNulty (secretary) Tel: 01501 742446	Meets every second Monday in Burgh Halls. Mostly social activities
Whitburn Scottish Pensioners Association (No 2 branch)	Annette O'Hara (secretary) 01501 742810	Meets every second Monday 7-9pm in Burgh Halls. Mostly social activities.
West Lothian 50+ Network	West Lothian 50+ Network, Unit 48G, Linbar House, North Bridge Street, Bathgate, EH48 4PP Tel : 01506 635510 Email: wlothian50plus@btconnect.com www.westlothian50plusnetwork.co.uk	Open to anyone in West Lothian over the age of 50. Pre-retirement courses, healthy living, social, educational and recreational activities.
Other community organisations and supports		

EARS West Lothian Advocacy service	Unit 19, Delta House, Carmondean Centre South, Livingston, EH54 8PT. Tel: 01506 505515.	Advocacy service providing free, independent, professional advocacy to older people in receipt of a health or social care service.
The Food Train	Unit 2, Waverley Industrial Units, Waverley Street, Bathgate, EH48 4HY Tel: 01506 654 360 Email: Irene@thefoodtrain.co.uk www.thefoodtrain.co.uk	Provides a grocery delivery service for older people who have difficulty shopping due to ill health, disability or mobility problems. Annual membership £1 each delivery £2.
Senior People's Forum	Danny Logue (chair) Email: seniorpeoplesforum@westlothian.gov.uk	The Forum enables communication between local senior people, the Council and its community planning partners, enable the Council to consult senior people on its approach in developing local responses to the Scottish Strategy for an Ageing Population and helps support organisations which represent senior people.
Alzheimer Scotland	www.dementiascotland.org/services/files/2010/12/westlothian.pdf	Useful West Lothian Local Service Guide for people with Alzheimers and Carers